

Prevent the flu from spreading.

Protect those around you from becoming sick.



Feeling sick? Stay Home.

Don't Go to:



WORK - GYM - SCHOOL - RESTAURANT - PRESCHOOL - PUBLIC PLACES

Other flu prevention tips:

- Get a flu shot. It's recommended for everyone, 6 months and older
Get one if you haven't already - it's not too late
- Cover your coughs and sneezes, use a tissue or your arm
- Wash your hands often
- Use hand sanitizer

Flu shots are available at doctors' offices, retail pharmacies and other locations around the county.



You can find a list of locations by calling 2-1-1 or at www.sdiz.org.